



# DIABETES AND CARDIOVASCULAR DISEASE PROVIDER REFERENCE GUIDE (PRG)



DIABETES QUALITY  
IMPROVEMENT PROJECT

2nd ed., 2011

## Disclaimer & Terms of Use

*The Diabetes and Cardiovascular Disease Provider Reference Guide (PRG), 2011 (2nd ed.)* is intended for physicians and health care professionals to utilize as a decision-making aid in the diagnosis, management and education of patients with type 2 diabetes.

While the PRG describes recommended courses of intervention, it is not intended as a substitute for the advice of a physician or other knowledgeable health care professionals. We encourage all healthcare professionals to use their best clinical judgment as the recommendations may not be appropriate in all encounters. Any application of these recommendations should be made in consideration of the needs, conditions and circumstances of each individual patient.

The PRG represents best clinical practices at the time of publication, with the recognition that guidelines and practice standards may change as more knowledge is gained.

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## CALIFORNIA MEDICAL ASSOCIATION FOUNDATION

DEAR COLLEAGUES,

Despite our collective best efforts, the prevalence of diabetes continues to grow across the United States. According to latest estimates from the Centers for Disease Control and Prevention (CDC), diabetes now affects 26 million people in the United States.<sup>1</sup> This means that over eight percent (8.3%) of Americans have diabetes.

Over the past few years, there has been an increasing effort to educate healthcare providers about the need to address the cardiovascular risks and complications associated with diabetes. In fact, in April 2011, the American Association of Clinical Endocrinologists (AACE) issued clinical guidelines that call for comprehensive management of the patient with diabetes to include consideration of cardiovascular risk in addition to glycemic control.<sup>2</sup>

This *Diabetes and Cardiovascular Disease Provider Reference Guide (PRG), 2011 (2<sup>nd</sup> ed.)* was developed with the goal of bringing to healthcare providers in a variety of practice settings current clinical guidelines, best practices and patient self management resources, all in one easy-to-use guide. Coordinated by the California Medical Association (CMA) Foundation, 29 physicians and other healthcare professionals contributed to the update of the PRG content. What has come of their efforts is a key resource that is evidence-based and contains the most effective ways to prevent, assess and manage diabetes and its cardiovascular complications.

New for 2011:

- Identification and management of prediabetes
- An updated “Management” chapter that integrates blood glucose, hypertension and hyperlipidemia management all in one chapter (reflecting a more comprehensive management of diabetes)
- Adult outpatient insulin guidelines for type 2 diabetes, including a decision matrix, from the Diabetes Coalition of California
- Physical activity guidelines for type 2 diabetes
- Tips to improve medication adherence
- Updated pharmacotherapy grids to treat and manage diabetes, hypertension and dyslipidemia
- A Diabetes Care Guidelines & Flow Sheet that allows you to easily identify all recommended care for your patient compared to target goals – all on a single page
- Updated ICD-9-CM codes

Please join the efforts of the CMA Foundation as we work in collaboration with physicians, healthcare providers, health plans and other stakeholders to advance the practice of diabetes care and promote better patient self management and adherence. You can find a web-based version of the PRG and additional practice and patient resources by going to the CMA Foundation’s Diabetes Quality Improvement Project’s website at [www.thecmafoundation.org/projects/aped](http://www.thecmafoundation.org/projects/aped). For more information about the CMA Foundation, please visit us at [www.thecmafoundation.org](http://www.thecmafoundation.org)

Sincerely,

Dexter Louie, MD



